



CENTRAL SHENANDOAH HEALTH DISTRICT

WEEKLY COVID-19 UPDATE & CLINIC INFORMATION

DECEMBER 17, 2021

 **NEW THIS WEEK!**

*****If you are unable to reach the VASE+ page from hyperlinks in this newsletter, please either type or copy/paste the URL into your browser: vase.vdh.virginia.gov***



COVID-19 Vaccine Clinic

HARRIS GARDENS

DECEMBER 18, 11:00 A.M. - 1:00 P.M.



COVID-19 Vaccine Clinic

STONE SPRING ELEMENTARY SCHOOL

DECEMBER 18, 4:00 - 6:00 P.M.



HARRISONBURG COMMUNITY COVID-19 VACCINE CLINICS

On December 18, Central Shenandoah Health District is hosting a COVID-19 vaccine clinic at Harris Gardens Apartments from 11:00 a.m. - 1:00 p.m., and at Stone Spring Elementary from 4:00 p.m. through 6:00 p.m. Appointments are preferred, but walk-ins are welcome based on availability.

Pfizer (Ages 5+) and Johnson & Johnson (Ages 18+) COVID-19 vaccines are available free of charge. First, second, third and booster dose opportunities are available at this clinic. If you are under the age of 18, you must be accompanied by a parent or guardian.

Register for Johnson & Johnson at Harris Gardens: <https://bit.ly/31whIFj>

Register for Pfizer (5-11) at Harris Gardens: <https://bit.ly/3lwIEp6>

Register for Pfizer (12+) at Harris Gardens: <https://bit.ly/3ozb4Xi>

Register for Johnson & Johnson at Stone Spring: <https://bit.ly/3pC33Aq>

Register for Pfizer (5-11) at Stone Spring: <https://bit.ly/3GqY501>

Register for Pfizer (12+) at Stone Spring: <https://bit.ly/3EBjsLr>

CDC ANNOUNCES THAT mRNA VACCINES ARE PREFERRED TO PREVENT COVID-19

New CDC COVID-19 Vaccine Recommendations



The CDC announced mRNA vaccines are the recommended vaccines to prevent COVID-19. Johnson & Johnson vaccines will continue to be available for individuals unable or unwilling to get an mRNA vaccine.

VDH is adopting the CDC's latest recommendation that mRNA COVID-19 vaccines are preferred over the Johnson & Johnson vaccine. This recommendation was made after extensive research and clinic considerations by the CDC. Additionally, the U.S. and CSHD have plenty of mRNA vaccine supply for first, second, third and booster doses!

While this recommendation suggests mRNA vaccines are the best option, receiving any vaccine is better than remaining unvaccinated. People will continue to have access to the Johnson & Johnson vaccine

If you have any questions about what vaccine is best for you or about the vaccine you have already received, please consult with your healthcare provider.

The following is from CDC Director, Dr. Rochelle Walensky:

"We have made important strides in the year since the COVID-19 vaccination program started. More than 200 million Americans have completed their primary vaccine series, providing protection against COVID-19, preventing millions of cases and hospitalizations, and saving over a million lives. Today's updated recommendation emphasizes CDC's commitment to provide real-time scientific information to the American public. I continue to encourage all Americans to get vaccinated and boosted."

OMICRON VARIANT IS PRESENT IN VIRGINIA

Every Layer Protects Us



VDH VIRGINIA
DEPARTMENT
OF HEALTH



Vaccinate.Virginia.gov · 877-VAX-IN-VA (877-829-4682)

Last week, the Virginia Department of Health confirmed the first case of the Omicron variant of COVID-19 in Virginia's Northwest Region, which includes CSHD. ***While it is cause for concern, it is NOT a cause for panic!***

VDH, working with partners at state labs and the CDC, is actively involved in tracking the Omicron variant, and studying it to learn more about its characteristics and potential threats to the public.

Wondering what to do next?

YOU can help to slow the spread!

- Everyone 5 years old and older is eligible for a COVID-19 vaccine, and should receive one. The vaccines are safe, effective and free. If you haven't been vaccinated, now is the time.
- Get boosted if you are 16 years old or older and it's been 6 months since your second shot of Moderna or Pfizer, or 2 months since your shot of Johnson & Johnson.
- Continue to practice prevention measures -- like wearing a mask in public indoor settings and crowded outdoor space, watch your distance, and wash your hands frequently.
- Get boosted if you are 16 years old or older and it's been 6 months since your second shot of Moderna or Pfizer, or 2 months since your shot of Johnson & Johnson.
 - Please note, only the Pfizer vaccine is authorized for those who are 16 and 17 years old.

A new variant does not change public health guidance! We know what works (vaccination, masking and social distancing), and while we learn more about Omicron, we can continue to layer those mitigation measures.

Read the Latest from the
CDC

HOLIDAY TRAVEL - ARE YOU PREPARED?

Are you planning a trip? Regardless of vaccination status, everyone is required to wear a mask on planes, and show a negative COVID-19 test taken no more than 1 day before returning to the U.S. from abroad.

A Ticket to COVID-19 Safety

Requirements

Regardless of vaccination status, U.S. travelers must:

- Wear a mask on planes, trains, buses, and other forms of public transportation.
- Show a negative COVID-19 test taken no more than 1 day before returning to the U.S. from international travel.
- Follow the entry rules and requirements of international destinations.

Recommendations

- Get vaccinated. If you are planning to travel this holiday season, the most important thing you can do to keep safe is get vaccinated, or get a booster if you are eligible.
- Do not travel if you feel sick, are waiting for COVID-19 test results, have been exposed to COVID-19, or have tested positive for COVID-19.
- Track COVID-19 rates in your origin and your destination locations, and take extra precautions—like avoiding crowds and wearing a mask—in areas of high and substantial transmission.



Unvaccinated Travelers

If possible, delay travel unless you are fully vaccinated. In addition to testing requirements for those returning from international travel, the CDC recommends that unvaccinated travelers take a viral test 1-3 days before any trips (domestic or international), self-quarantine for 7 days, and get tested 3-5 days after returning from travel.

**Public Health
Communications**
COLLABORATIVE
publichealthcollaborative.org

Read more about CDC Travel
Guidance

SELF-TESTING KITS FOR COVID-19 ARE NOW AVAILABLE AT SOME PUBLIC LIBRARIES THROUGHOUT CSHD!



GET YOUR FREE COVID-19 AT-HOME TEST KIT

Participating libraries are now offering free test kits for you to use when you get home.



Library cards are not required



Tests must be done at home

To take the test you will need:



Valid ID



Internet connection

Free COVID antigen test kits are available at select library branches throughout CSHD! Click on the branches below to be directed to their website for more information.

- [Highland County Public Library](#) (540) 468-2373
- [Staunton Public Library](#) (540) 332-3902
- [Augusta County Public Libraries](#)
 - Fishersville Main Library (540) 885-3961 or (540) 949-6354
 - Churchville Branch Library (540) 245-5287
 - Stuarts Draft Library Station (540) 569-2683
 - Weyers Cave Library Station (540) 453-4920

To request a test, call the library branch number. Tests are subject to availability. Please call or check the website for

the most up-to-date self testing information!

For more information about testing or to find alternate testing sites [visit the VDH Testing Website.](#)

Learn more about self-testing for COVID-19

Read more about free COVID-19 self tests at Virginia libraries

COVID-19 TESTING CLINIC

The Central Shenandoah Health District is offering free drive thru COVID-19 testing for those:

- ➡ With COVID-19 symptoms, and/or
- ➡ Who have been exposed to COVID-19

NO PRE-REGISTRATION REQUIRED!

📍 Hillandale Park
801 Hillandale Ave
Harrisonburg, VA

🕒 Monday
8:00 -10:00 am



QUESTIONS? CALL YOUR LOCAL HEALTH DEPARTMENT!



*****PLEASE NOTE: There will NOT be testing on Thursday, December 23.**

CSHD IS VACCINATING EVERYONE 5 AND UP!

**FREE
COVID-19
VACCINATIONS**

Mondays, 12:00 - 6:00 pm
College Square
Old Peeble's/Gordmans

770 North Lee Hwy
Lexington VA 24450

Pfizer (Ages 5+) 2 shots
Moderna (Ages 18+) 2 shots
Johnson & Johnson (Ages 18+) 1 shot

**BOOSTERS
AVAILABLE!**

MAKE YOUR APPOINTMENT AT
VASE.VDH.VIRGINIA.GOV



Looking for an opportunity to get your COVID-19 vaccine or booster shot this week?

There are plenty of opportunities to get your COVID-19 vaccine or booster throughout the Central Shenandoah Health District, including:

- Local and retail pharmacies (like CVS, Wal-Greens, or a local independently owned pharmacy);
- Your family doctor or pediatrician;
- Health department clinics and community vaccination clinics

We have plenty of availability for Monday's clinic at College Square! Make your appointment today!

**Monday, December 20, 12:00 to 6:00 p.m.
College Square (Old Peeble's/Gordmans)**

Pfizer, Moderna, Johnson & Johnson (Booster doses for eligible persons, first and second doses also available)
Appointments required. To make your appointment, please visit vase.vdh.virginia.gov.

Read more about COVID-19 Booster
Doses

THE FLU SHOT: WHAT YOU NEED TO KNOW



All people 6 months and older should get a flu shot for protection against the flu.

Visit <https://getmyflushot.org/> to find a location near you and to learn more about the flu shot. Not only does getting your flu shot help protect you and your loved ones, but it can also help our overwhelmed healthcare providers focus on treating people who are sick with Covid-19.

UPCOMING FLU VACCINE CLINICS AT THE LOCAL HEALTH DEPARTMENT!

Call your local health department to schedule an appointment!

Waynesboro Augusta Health Department: Call 540-949-0137

Flu vaccine clinics every Wednesday, 2:00pm-4:00pm

Lexington Rockbridge Health Department: Call 540-463-3185

Flu vaccine clinics every Monday, 1:00pm-4:00pm

You may receive your COVID-19 shot or booster at the same time as your flu shot!

CENTRAL SHENANDOAH HEALTH DISTRICT COVID-19 DATA

NOTE: Last week's case data breakdown contained a spreadsheet error that did not accurately reflect the number of cases in CSHD. This week's data has been corrected.

Case Trends

The chart below illustrates the rate of cases throughout the Central Shenandoah Health District over the last 90 days.

Number of New Cases
Reported^

114

7-Day Average Number of
Daily New Cases Reported

111

7-Day Average Number of
New Daily Cases Reported,
Rate per 100,000 Population

37.0

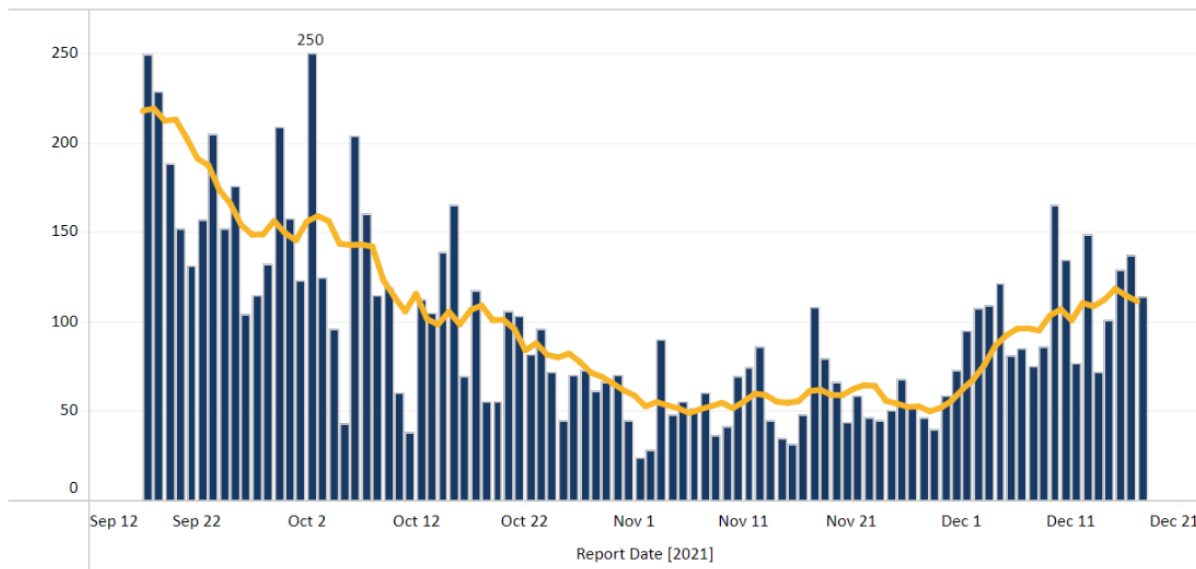
Total Number of New Cases
per 100,000 Population
within last 14 days

507.5

Report Date Daily Cases Counts for past 90 Days
Multiple Localities

Select Date Range (Affects Bar Chart)

Past 90 Days



Case Data Breakdown

As reported to VDH, by date of lab report. May differ from other sources, due to reporting lags. Negative numbers indicate data corrections, since March 2020. More data can be found [here](#).

	7-Day Average Number of Daily New Cases Reported	Total Cases	Total Hospitalizations	Total Deaths
Rockingham County	31	10,297	639	174
Harrisonburg City	18	8,760	280	114
Augusta County	32	11,231	325	140
Staunton City	11	3,728	105	86
Waynesboro City	8	3,912	104	53
Rockbridge County	5	2,363	83	67
Lexington City	2	1,661	38	37
Buena Vista City	2	1,468	34	31
Bath County	1	536	20	15
Highland County	2	219	3	4
Totals:	112	44,175	1631	721

Vaccination Rates

You are considered to be fully vaccinated 2 weeks after your second dose in a 2-dose series or 2 weeks after a single-dose vaccine.

In the Central Shenandoah Health District, vaccination percentages are broken down by locality and city below:

	Percentage of Population receiving one dose	Percentage of Population fully vaccinated	Percentage of Adults receiving one dose	Percentage of Adults fully vaccinated
Rockingham County	56.7	52.2	66.0	61.0
Harrisonburg City	57.2	51.4	61.6	55.7
Augusta County	58.9	54.9	67.2	63.0
Staunton City	69.2	63.2	77.7	71.3
Waynesboro City	64.6	58.9	76.7	70.7
Rockbridge County	60.4	55.8	68.1	63.1
Lexington City	59.5	53.1	61.2	55.4
Buena Vista City	58.6	52.9	68.6	62.3
Bath County	57.9	51.2	65.9	58.7
Highland County	58.9	55.3	66.0	62.6
Totals:	60.2	54.9	67.9	62.4

Data Sources - Find out more!

The Virginia Department of Health maintains a COVID-19 dashboard containing case, vaccination and transmission data. To find out more about this data and how it is collected, click the link below!

Visit the VDH COVID-19 Data
Dashboard

Health Education Corner

Mental Health and the Holidays

The holiday season can bring joy to many, but it can also be a stressful time of year. Stress, anxiety, and loneliness may be compounded by the COVID-19 pandemic. If you are feeling stressed, start by acknowledging and accepting your feelings, and take steps that make you feel safe.



If you are feeling isolated this holiday season, reach out or ask for help if you need it.



Setting boundaries can help you feel more in control of the season's celebrations, in a way that is best for you.



Use positive coping strategies that can support your mental health—like practicing mindfulness, exercising, eating well, spending time in nature, and getting enough sleep.



Do what you can to stay healthy by getting vaccinated or a booster if you are eligible, and by wearing a mask or practicing social distancing where advisable—indoors and in crowds.

Additional Resources

CDC Mental Health
Resources
[HowRightNow.org](https://www.cdc.gov/howrightnow/)

National Alliance on
Mental Illness
[NAMI.org](https://www.nami.org)

National Suicide
Prevention Lifeline
800-273-8255

Public Health
Communications
COLLABORATIVE

CSHD wants our community members to know that we are thinking of you this holiday season. If you need suggestions for mental health resources, visit cdc.gov/howrightnow/ or please feel free to email csdinfo@vdh.virginia.gov

COVID-19 MITIGATION



Vaccination is our number one line of defense in defeating COVID-19. All COVID-19 vaccines approved and authorized in the United States are safe, effective and free. **The Central Shenandoah Health District encourages everyone who is eligible to receive the COVID-19 vaccine do so as soon as possible!**

In addition to vaccination, layering other public health mitigation measures can keep you and your family safe! This can include:

- **Masking up in areas of high transmission**, even if you have already been vaccinated. Currently, the majority of localities throughout the state are in a state of substantial to high transmission. Read more about transmission [here](#).
- **Practice physical distancing (also known as social distancing)**, and stay 6 feet apart from others. It is a way to slow the spread of COVID-19 by reducing close contact between people. The closer you are to other people who are not fully vaccinated and the more time you spend with those people, the higher the risk of COVID-19 spread.
- **Wash your hands often with soap and water for at least 20 seconds.** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, rubbing your hands together for at least 30 seconds until they are dry.

Read more about COVID-19 Mitigation Best Practices

COVID-19 VACCINE CLINICS

Click the button below for a full list of COVID-19 vaccine clinics happening in the Central Shenandoah Health District. The clinics are separated by region. Please note that the Pfizer vaccine is approved for ages 5+ and the Moderna and Johnson & Johnson vaccines are approved for ages 18+. These schedules are subject to change

You can register for these clinics at vase.vdh.virginia.gov.

View the COVID-19 Community Calendars

We also continue to partner with organizations throughout the district to provide access to COVID-19 vaccines. Visit the websites below for COVID-19 vaccine clinics operated by our community partners!

- Augusta Health: <https://vaccinate.augustahealth.com/vaccine-appointments/>
- Carilion Rockbridge Community Hospital: <https://www.carilionclinic.org/covid-19-vaccine#latest-updates>
- Health Community Health Centers: <https://www.hburgchc.org/covid-19-2/>
- Rockbridge Area Health Center: <https://www.rockahc.org/coronavirus-covid-19-updates/>
- Sentra Rockingham Memorial Hospital: <https://www.sentara.com/harrisonburg-virginia/covid-19-information.aspx>

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<https://www.vdh.virginia.gov/coronavirus/covid-19-in-virginia/>

